

Kadena fighters fly, shoot Down Under

By Master Sgt. Stefanie Doner
18th Air Expeditionary Group
Public Affairs

NEWCASTLE, Australia – Incredible, awesome and outstanding are just a few of the adjectives being used here to describe the experiences of the first week of Crocodile 99.

The exercise is the first in a series of Joint Chiefs of Staff-directed joint-combined exercises involving the Australian Defense Force and the U.S. military.

The exercise has been underway since Oct. 6 and is designed to enhance combat readiness and interoperability between U.S. and Australian forces. The exercise is scheduled to end Thursday.

The first sortie by 12th Fighter Squadron F-15 pilots began by firing real 20mm rounds at a target banner towed behind an Australian Lear jet. The event also marked the first time 12th FS pilots have shot live rounds since 1996.

"This is an outstanding opportunity for our pilots, especially the young ones," said Lt. Col. Karl Kushner, 18th Wing plans officer who flew with the unit during this first week before returning to Kadena.

"The first time you shoot the gun with live rounds, it helps to refo-

cus the seriousness of the job in a way you can't get any other way. The intensity of the training changes. You know if you make an error, people will get hurt."

The pilots took their best shots at the banner, a narrow white streamer 30 feet long and six feet wide trailing 1,500 feet behind the tow aircraft, not knowing if their bullets hit their mark until much later when it was stretched out on the grass for all to see.

The F-15's guns fire 100 rounds per second and a pilot has between three to five seconds in which to shoot at the target before pulling away. "It goes so fast," Kushner said.

"As with most fighter maneuvers, you don't have time to look around, you're always looking toward the next thing. You hold the fire button for a second, then you're pulling away out of the safe zone looking for your buddy. You don't see the bullets hit," he continued.

When the banners were brought down, all sported plenty of holes and one was ripped to ribbons by the hail of fire directed into it.

Training with real bullets is important for the pilots for two reasons, according to Capt. Steve Neuser, F-15 pilot and project officer for the 18th AEG.

"The experience gained from



Photo by Master Sgt. Stefanie Doner

Sorties flown in Crocodile 99 by 12th Fighter Squadron pilots marked the first time since 1996 that pilots have fired real bullets. Crocodile 99 is the first in a series of drills involving the Australian Defense Force and the U.S. military. For more Crocodile 99 coverage, please see Page 5.

this type of exercise is extremely valuable," he said. "We need to verify that our systems work as designed through means other than routine maintenance before we have to use them in combat."

"In addition, our pilots must get accustomed to the sound and feel of the guns firing live ammunition. Our regular training comes close to simulating it, but it can't prepare you for the experience of firing real bullets,

hearing the roar of the guns right next to you and the feel of how it shakes the aircraft a bit."

"The time to gain that experience is not when you need to fire the guns in a real-world combat situation."

First Lt. Steve Frank, F-15 pilot, agrees. "This was the first time I've been able to fire the guns 1,500 feet behind something and see the result. It was awesome."

Organizers set \$266,635 as campaign goal for Kadena drive

The 1999 Combined Federal Campaign gets underway today, organizers say.

"We're looking at increasing the donations by 2 percent," said Master Sgt. Lance Witherell, an official with Kadena's local Combined Federal Campaign.

Witherell said local donations last year to the campaign totalled \$261,407. He also said 20.3 percent of those contacted at Kadena units provided those funds.

This year, organizers have set a goal of trying to collect \$266,635 in donations from 22 percent of those contacted.

"I think it's realistic," said Witherell. "It's going to be tough, but I think we can achieve it," he said.

Witherell also said Wednesday that most base agencies have set up individual unit coordinators for the



Photo by Master Sgt. Val Gempis

Capt. Chris Sunseri, 18th Security Forces Squadron, guards a C-130 in East Timor. About 25 airmen from Kadena have joined nearly 200 U.S. troops supporting a United Nations' peacekeeping mission in the muslim nation that has been under seige since Aug. 30 when a vote supporting independence sparked violence by local militias.

campaign and that potential contributors will be contacted through one of these representatives.

Organizers have also set the usual goal of the campaign which gives everyone at Kadena an oppor-

tunity to contribute. "We want 100 percent informed with at least an opportunity to give," he said.

Kadena organizers say the annual campaign is scheduled to end Dec. 3.

Telephone rates rise

Kadena residents can expect an increase in the cost of using a base telephone after the Department of Defense comptroller mandated a price increase Oct. 1, telephone officials say.

Costs for reduced rate service — telephones that have access on-base only — will be \$17.50, an increase of 25 cents.

Normal service — telephones that can be used to make international, on- and off-base calls — will be \$23.30, an increase of 35 cents.

Contractors and other non-residential telephone customers will be charged \$41.25 per month for service, an increase of 60 cents. The new charges will appear on December's leave and earning statements for Air Force customers, telephone officials said. All other customers will see the increases on the telephone bill issued in mid-November.

Experts say children also hurt by domestic violence

By the Kadena Family Advocacy Program

Most people think of domestic violence as having the most serious effect on the person who directly receives the abuse.

While it is true that the person takes the blows and wears the bruises, there is another group that is effected as much, if not more, though their wounds may not be visible. That group is the children.

Many adults in abusive relationships believe that they have kept the abuse a secret from their children. This is seldom true. Studies show that 90 percent of children know what is happening in abusive households.

Emotions

Children routinely hold their feelings inside. Oftentimes, children believe they are responsible for the abuse, experts say. They feel that if they were smarter, cuter, quicker or a better child, it wouldn't happen.

The emotional effects of witnessing domestic violence in younger children varies but can include speech and language problems, bed wetting, eating problems, night terrors, trying to hurt other chil-

dren, torturing animals and depression. Later in the adolescent and teen years, many are at higher risk for drug and alcohol dependence, juvenile delinquency, teen pregnancy and even suicide.

Boys who witness their mother being beaten by the adult male in the home have a higher likelihood of abusing their partner when they are an adult. Why? It is a learned behavior.

In general, abusers, or batterers, believe that they have the right to enforce their will upon their partner. This goes beyond loss of temper, having a bad day or being drunk and out of control, which are all frequent excuses batterers give.

It is this belief — together with society's tolerance for family violence — that lies at the root of the problem.

What to do

If you are in a relationship where your partner hurts you or if you are hurting someone, you can get help. Violence in the home seldom stops without intervention from the outside.

In fact, it gets worse.

Help is available through the Kadena Family Advocacy at 634-0433.

BRIEFS

Hometown News holiday greetings set

The Army and Air Force Hometown News Team Holiday Greetings television crew will be taping at Marek Park Pavilion 1 Monday and Tuesday.

Organizers ask military members to remember to wear their uniform. Family members are asked to not wear white clothing. All are asked to be at the site 15 minutes prior to their appointment.

Volunteers needed

- One hundred 9- to 15-year-old children are needed as volunteers for the International Tug of War in the 1999 Okinawa International Carnival Oct. 30. For more information or to volunteer, call the Kadena Youth Center at 634-0500.

- Volunteers also are needed to help carry U.S. state flags and the Mikoshi — the Japanese portable castle in a traditional costume parade — during the Okinawa International Carnival.

Approximately 100 people are needed to carry the flags and approximately 150 people are needed for the Mikoshi. For flag volunteers, call Staff Sgt. Tina Maurice at 634-8879. For Mikoshi volunteers, call Capt. Wendy Lee at 630-4791.

- The Pumpkin Patrol needs volunteers to

walk through the base housing areas Oct. 31 from 6-8 p.m. The Pumpkin Patrol will be keeping watch for children "Trick or Treating" and vehicles driving through the neighborhoods.

Anyone interested in volunteering, should contact the 18th Security Forces Squadron crime prevention section at 634-1212.

Air Force Association luncheon scheduled

An Air Force Association luncheon is scheduled Oct. 22 in the Officers Club Daedalion Room at 11 a.m. Guest speaker for the event will be Marine Col. Charles Dockery. He will be speaking about Marine Corps Aviation.

For more information, call Capt. Debra Haussler at 632-7662 or Senior Master Sgt. Robert Knight at 634-5700.

Women's Health Care Symposium to be held

The 1999 Women's Health Care Symposium is scheduled Oct. 22 from 7:45 a.m. to 4:30 p.m. in the Camp Foster Globe and Anchor. The symposium will cover a wide variety of health issues including do-

Get with the program, read what's on 'The List'

WASHINGTON — The Air Force Chief of Staff's Reading Program, which began in 1997, is designed to promote personal professional development for all Air Force members, civilian and military. The program aims to instill both a deeper sense of pride in the service's rich heritage and a stronger understanding of each member's role in meeting U.S. security objectives.

Each quarter, a book from the CSAF's Reading List will be featured on the Air Force's World Wide Web site. Airmen of all ranks and grades and civilians are encouraged to read the featured title, which is available at all Air Force libraries.

This quarter's featured book is "A Few Great Captains" by DeWitt Copp. Its title was taken from a quote by Gen. George C. Marshall, who said, "No Army produces more than a few great captains."

The book chronicles the foundation of the Air Force and its struggle for independence. It tells the story from the perspective of those airmen who were in the thick of the struggle — Billy Mitchell, Benny Foulois, Frank Andrews, Hap Arnold, Carl Spaatz, and Ira Eaker.

A primary reason for including this book on the CSAF's Reading List is its insight into the personalities, political fights, aerial feats, assignments and family lives of who have now become legendary airmen, Air Force officials say.

The book is an excellent starting point for understanding the rich heritage of the Air Force, and it provides a great foundation for all Air Force members: officer, enlisted and civilian.

To view the CSAF's Reading List Web site see: www.af.mil/lib/csafbook

mestic violence. Seating is limited. Call 645-2620/2578 for more information.

Spouses of deployed people dinner scheduled

There is a dinner for the spouses of deployed people scheduled for Oct. 23 from 6-8 p.m. in Chapel 1. Free dinner and child care is offered to all attending. Call 634-1288 by Oct. 22 to reserve a seat.

Annual early childhood workshop slated for Oct. 23

The annual Early Childhood Workshop is scheduled Oct. 23 from 8:15-11:30 a.m. at the Bob Hope Primary School.

This workshop is offered to teachers, service providers and parents of young children, organizers said. Sessions include Brain Development in Young Children, Science and the Young Child and Reading Recovery Strategies for the Classroom Educator. There is a \$2 fee. Call Anne Mullally at 634-0093 for more information.

Women's Health Month giveaway

The Kadena Health and Wellness Center is promoting Women's Health Month by having a drawing to win free T-shirts, tote bags and massages.

Women who stop at the HAWC may enter the drawing after completing a heart disease risk assessment. The drawing will be Oct. 29.

For more information, call 634-2499.

1999 Chili Cook-off schedule of events

The following is the schedule of events for Saturday's Kadena Chiefs' Group 1999 Chili Cook-off:

Demonstrations

- 9:15-10:45 a.m. — Fire Department Demonstration
- 11-11:30 a.m. — Martial Arts Demonstration
- 11:30 a.m. to noon — Philippine Dance Team
- 12:15-12:45 p.m. — Ballet Folklorico Mexicano
- 1:45-2:15 p.m. — Spanish Sevillana
- 2:30-3 p.m. — performance by Chief Master Sgt. Layten Crenshaw
- 3:50-4:15 p.m. — Hispanic Heritage

Contest

- 1-1:20 p.m. — Jalapeno Eating Contest
- 1:30-1:40 p.m. — Contest awards presentation

DJ Music

- 10:45-11 a.m.
- Noon to 12:15 p.m.
- 12:45-1 p.m.
- 1:20-1:30 p.m.
- 2:15-2:30 p.m.
- 3:30-3:45 p.m.
- 4:15-5 p.m.

Clinics merge to enhance medical care

By Lt. Col. Helene Gensheimer
18th Medical Group

In an attempt to enhance primary and preventive care, the 18th Medical Group will merge its acute care clinic services with the family practice clinic beginning Monday.

Patients with acute medical problems which may require same-day treatment, but who are unable to get a same-day appointment, will be referred and screened by a triage nurse.

Clinic officials said appropriate, timely medical care will be rendered to all patients. If patients have questions or concerns about the merger of acute care services and family practice, they may call 630-4272 and ask to speak with the nurse manager.

The following is a list of commonly asked questions and answers about the merger of services.

Q: *What is the difference between an acute illness and an urgent medical condition?*

A: An acute illness requires necessary medical services to prevent serious deterioration of an individual's health from an unexpected illness or injury. Urgent care requires professional care within 24 hours but is not life threatening.

Q: *What type of illness or condition is considered an emergency?*

A: An unexpected onset of conditions that threaten life, limb or eyesight and requires immediate treatment or relief from painful symptoms. Heart attacks, poisoning and seizures are examples of a medical emergency.

Q: *With the merger, will I experience any change in services?*

A: No, in fact the service currently offered by the 18th Medical Group will be enhanced by the merger. Each active duty and family member

Clinic hours beginning Monday will be:

Saturdays, Sundays, and Holidays — 8 a.m. to 2 p.m.

Mondays and Fridays — 7 a.m. to 5 p.m.

Tuesdays, Wednesdays, and Thursdays — 7 a.m. to 7 p.m.

is assigned to a primary care provider team and the member will be able to see a provider from their team for each visit. This will help you and your provider know each other better and will ensure treatment consistency. A full array of primary care services — pharmacy, laboratory and radiology — will still be offered.

Q: *What do I do if I need an ambulance?*

A: Call 911 on base, and 934-5911 off base.

Q: *If I need acute or urgent medical services, how do I obtain care?*

A: If you have an urgent care need, call the appointment desk at 630-4817 and book an appointment. If an appointment is not available, the appointment clerk will forward your call to your health care provider team. The nurse manager will return your call, assess your condition, and help you obtain care for your condition. If you are on flying status, contact the flight medicine clinic at 630-4305.

Q: *What if I want to speak to a provider?*

A: We ask that you speak with a nurse manager first. They are trained and qualified to assess patient conditions. They work hand-in-hand with our providers — physicians, nurse practitioners or physician assistants — and are important members of our primary care treatment teams. If you still feel you need to speak with a provider, the nurse manager will take a telephone consult and pass this to your primary care provider. The

providers will make every effort to contact you within 24 hours.

Q: *Can I still come to the clinic without an appointment?*

A: If you have a laceration, a suspected broken bone, or a similar condition, you can come to the clinic without an appointment. If you have a condition that threatens life, limb or eyesight you should go to the Naval hospital at Camp Lester. In other cases, we recommend you call first. Active-duty members may also use sick call for urgent problems.

Sign-in for morning sick call is from 6:45-7:30 a.m. with appointments scheduled from 7-8 a.m. Sign-in for shift workers for afternoon sick call begins at 12:30 p.m. Other active duty members may sign in at 12:40 p.m. with appointments starting at 1 p.m.

Q: *Can I still obtain care after duty hours?*

A: Yes, despite the merger, after hours care will be available. The toll-free health care information line also is available on base by dialing 99-00-53-111-4621. Off-base patients can call 00-53-111-4621 toll free.

Q: *What do I do if I'm sick on weekends and holidays?*

A: On weekends and holidays, you should call the appointment desk beginning at 7:45 a.m. You will be screened by a health care provider and given an appointment for that day if it is an urgent problem. The provider can also advise you on home care.

Q: *Can I go to Camp Lester if I can't get an appointment at the Kadena clinic?*

A: Yes, if an emergency threatens life, limb or eyesight and requires immediate treatment. For all other conditions, the Lester staff asks that you talk to your primary care provider beforehand.

Breast Cancer Awareness month focuses on strategies of early detection, treatment

By Capt Enrico S. Paez
18th Medical Group

October is the National Breast Cancer Awareness month. Breast cancer is the second most common cancer, with skin cancer being the first. It is second only to lung cancer as the leading cause of cancer deaths.

The American Cancer Society estimates that 175,000 American women will have developed breast cancer this year, with 43,000 dying from the disease. In contrast, 1,300 men will be diagnosed with breast cancer and only 400 of those will succumb to it.

In recent years, breast cancer death rates have declined — probably due to early detection and prompt treatment. Early detection involves breast examination and periodic mammograms, so it is important to know your risk factors for developing breast cancer.

There are two categories of risk factors, biological and lifestyle-related. Biological factors can't be changed, but lifestyle-related ones can.

Among risk factors that cannot be changed are female gender, advancing age, family history of breast cancer and personal history of breast cancer.

Race, early onset of menstrual period — before 12 years old — late menopause — after 50 years old — and previous exposure to radiation

from treatment of other cancers are also known risk factors. Lifestyle-related factors that increase your risk include not bearing children, having your first child after age 30, excessive alcohol intake, smoking and obesity — high fat diet and physical inactivity.

Some of these risk factors can be changed. Modifying those factors is one of the strategies of decreasing your risk of developing the disease.

Early detection measures include monthly self-breast examinations. Self-breast examinations allow for possible early detection and treatment. Ask your primary health care provider about self-breast examination techniques and information.

The American Cancer Society's guideline recommends women age 40 or older have yearly mammogram screenings.

The guideline also recommends women age 40 or older have a yearly clinical breast examination by a health care professional and women between 20 and 39 years have one every 3 years.

Awareness of your biologic risk factors and altering your lifestyle-related ones are excellent beginnings for early breast cancer detection.

Together with monthly self-breast examinations, a clinical breast examination by a health care professional and periodic mammograms, survival rates increase if breast cancer is detected early.

Wing practices war-fighting skills

By 1st Lt. Michele Tasista and
Staff Sgt. Orville Desjarlais
18th Wing Public Affairs deployed

Normally, Base X is a ghost town, until more than 1,100 Kadena members "deploy" there to practice their war-fighting skills.

From phones, to fire trucks, to fighters, the 18th Wing brings everything it needs to maintain its combat edge from Base X, an imaginary base located somewhere in the world, from Oct. 12 until today.

The exercise is the last time the wing can practice a Combat Employment Readiness Exercise before a Pacific Air Forces Inspection in December, say base officials about the test of Kadena's ability to fly and fight in this region.

"We're the primary element responsible for establishing air superiority. If we don't establish this, the North Korean force will pose a great threat to the U.S. and coalition forces," said Brig. Gen. Jim Smith, 18th Wing commander.

"It is important we are able to move, reconstitute, and take the fight to the enemy without breaking stride. All of this requires practice, practice, practice," said Smith.

Professionalism, persistence, innovation keep Crocodile 99 schedule on track

By Master Sgt. Stefanie Doner
18th Air Expeditionary Group Public Affairs

NEWCASTLE, Australia – Whoever said getting there was half the fun apparently never had to deploy.

The success or failure of a deployment depends on careful preparation. But even the most meticulous preparations can be derailed by bad weather and just plain bad luck, as the 18th Wing discovered while deploying to Australia for Crocodile 99.

Months of hard work and coordination should have had all the key players for the first week of flying at Royal Australian Air Force Williamtown in place Oct. 3, but airlift problems put the first six-ship formation of F-15s on the ground ahead of an advance preparation team which had several early arrivals scrambling to fill the gap.

According to Capt. Steve Neuser, 12th Fighter Squadron F-15 pilot and the unit's Crocodile 99 project officer, much of the credit goes to Senior Master Sgt. Jeff Laforcade.

"He was the key to making things happen," Neuser said. "With the C-5 bringing the ADVON team and most of our parts and equipment stranded in Guam with a maintenance problem, he anticipated our needs and coordinated with our Australian hosts to make sure we could fly our sorties if the C-5 didn't arrive before the first day of flying."

The C-5 didn't arrive until well after the first



Photo by Master Sgt. Stefanie Doner

Capt. David Toogood, 12th Fighter Squadron F-15 pilot, checks out his aircraft after a sortie.

day's flying was over but the fighters flew their missions on time and as planned. Neuser also gives credit to the Australians who he said did everything in their power to make the deployment run as smooth as possible both on the ground and in the air.

"The Aussie support has been 100 percent incredible," Neuser said. "We have a saying in the squadron when talking about support, 'Doing the Dozen standard.' That standard is very high. The support we're getting here is just what we would give if we were hosting them at Kadena."

Another aspect of the C-5's late arrival was that there were no crew chiefs to greet the first six fighters to touch down at RAAF Williamtown. The jets came in under bad weather just barely within

flight minimums with a kangaroo hopping around at the end of the field and Neuser, Laforcade and Tech. Sgt. Dave Eldridge pulled crew chief duties of marshalling aircraft into position, and getting them parked and shut down.

"The pilots did a great job landing in that weather," said Neuser. "This field is different from Kadena's. At home, our runway is 12,000 feet long and 300 feet wide. Here, it's only half as wide and just 8,000 feet long. It takes 5,000 to 6,000 feet to stop an F-15, so the margin for error here is greatly reduced. The dimensions of the field here – the "norm" for a fighter base rather than Kadena – provides another valuable aspect to our training."

Another thing Neuser said he found valuable was the experience of "doing the crew-chief thing," to recover the aircraft as they landed. "I now have a much greater appreciation for the crew chief's duties than I ever did," he said.

"We were really starting to get anxious about that C-5," said Tech. Sgt. Shirley Lamontagne, 12th FS Supply noncommissioned officer in charge.

"When you deploy, you bring all the parts you think you might need. That's the hard part. Determining what you might need based on past experience and anticipating what might break or go wrong based on what you know of the upcoming deployment."

"You don't know if you figured right until you get there. But when the parts you shipped don't arrive, you have to think fast. Laforcade coordinated with the Aussie maintenance folks and they bent over backwards to help us get compatible parts until our own supplies arrived," she said.

With all the assets finally in one place, Crocodile 99 is moving ahead full steam and on schedule. The first week of flying finished last week with pilots firing live rounds at a banner towed behind an Australian Lear jet and Kadena's F-15 pilots getting some dissimilar aircraft training with the RAAF No. 3 Squadron's F/A-18 Hornets.

Earlier this week, both Americans and Australians were preparing for the second phase of the exercise – the large force exercise – which was scheduled to begin last Monday.

Working together: U.S., Australian troops find similarities

By Master Sgt. Stefanie Doner
18th Air Expeditionary Group
Public Affairs

NEWCASTLE, Australia – As the first week of Crocodile 99 ended, members of two different air forces have discovered that while there are a number of differences in language and procedures, hard work and professionalism know no boundaries.

Nearly 300 members of the Kadena Team have come together as the 18th Air Expeditionary Group at Royal Australian Air Force Williamtown to take part in Crocodile 99, a Joint Chiefs of Staff-directed, joint-combined exercise.

While the situation in East Timor has caused parts of the exercise to be modified or cancelled, the Kadena portion is going on basically as planned and offers both air forces plenty of opportunity to learn more about each other.

"We've had a lot of interaction with the Aussie maintenance folks and they've been a great help," said Master Sgt. Dan Craven, 12th

Fighter Squadron.

"Some of their procedures are a bit different, but they do things a lot like we do."

"For example, we refuel our jets one at a time, but they refuel theirs in pairs. It's a little different, but not enough to cause a problem."

"You have to be careful what you ask for," said Master Sgt. Mike Crispin, 18th Maintenance Squadron.

"We use some of the same terms, but they can mean different things."

"For example, when they talk about a fuel bowser, they mean a hose that connects to the aircraft."

"To us, it's something you put under the aircraft to collect the fuel in. But that's all part of the fun – you have to figure out what things

mean. That's how you learn."

Warrant Officer Tim Murphy, RAAF engineer with the No. 3 Squadron, agrees.

"We use some of the same terms, but they can mean different things."

Master Sgt. Mike Crispin

"Things have come together very well and I enjoy working with all the lads. We only got two days notice that they were going to use our facilities – they were supposed to use the 77th Squadron

buildings while they were away."

"But with East Timor, the 77th Squadron couldn't go where they planned and were still here when the Americans arrived, so we're hosting them in our facilities," Murphy said.

"Everyone's getting along famously and you can usually tell when someone doesn't quite understand what you've said. They get this blank look and you just back up and try again until you figure it all out. It's

quite fun, really."

"We're learning a lot from them and hope they're learning things from us," Crispin said.

Things are going well in pilot country as well, according to Lt. Col. Tex Merrell, 18th AEG commander.

"This is a great outfit," he said. "They are extremely professional and we appreciate that. We're working under the Australian command and control structure here and we've established a combined-joint operations center."

"The toughest portion of the exercise is integrating our efforts with theirs. It's amazing how many moving parts there are."

"Still, even though the tactics and the lingo are slightly different – they say overshoot and we say go around when making another approach to the field – it all means pretty much the same thing."

"I have every confidence that, if it came to a real-world contingency – we have far more similarities than differences and we can get the job done together," Merrell said.

353rd SOG member receives Air Force honors

By Staff Sgt. Keith Houin
353rd Special Operations Group
Public Affairs
and Senior Airman Jennifer Dixon
Shogun associate editor

The 1998 Air Force Outstanding Security Forces Staff Noncommissioned Officer is part of the Security Advisor team responsible for providing the 353rd Special Operations Group commander everything he needs to know about protecting his troops and equipment.

That's important because the 353rd SOG has teams deployed almost every day of the year.

They also maintain a commitment to deploy with little or no notice to anywhere in the Pacific, so protecting the 353rd SOG forces and assets requires specialized attention.

Force protection becomes a major concern for troops deployed to any location that can become a hotbed of political tension, civil unrest or terrorist activity virtually overnight. That's why Master Sgt. Mark Myers does his job — to help ease the minds of those deployed so they can complete their mission.

"Sgt. Myers is a razor-sharp NCO and the 353rd SOG's premier security specialist. His selection for master sergeant with only 10 years of service is a testament to his absolutely exceptional performance," said Col. Michael Byers, 353rd SOG commander.

mander.

Myers determined force protection measures for more than 60 deployments in 12 different countries, each of which presented its own challenge, in 1998.

"Our office covers the full spectrum of force protection for the 353rd SOG," Myers said. "We provide a cradle to grave force protection focus on all unit deployments.

"This includes everything from site surveys and vulnerability assessment to pre-deployment briefings. While in garrison, we conduct all home-station force protection training and provide oversight for many of the other traditional security programs."

Overcoming those and other challenges, Myers earned recognition for many accomplishments. He received laudatory comments during the 1998 Operational Readiness Inspection; outstanding performer recognition during two Joint Chief of Staff exercises; hand selection by the previous Special Operations Command Pacific commander, Maj. Gen. Norton Schwartz, to oversee joint security efforts during another JCS exercise; and graduated with honors from the Department of Defense Security Institute's Information Security Management course.

He was recognized for taking the lead in coordinating with the Republic of Korea Air Police and Ground Operations on refining base defense plans

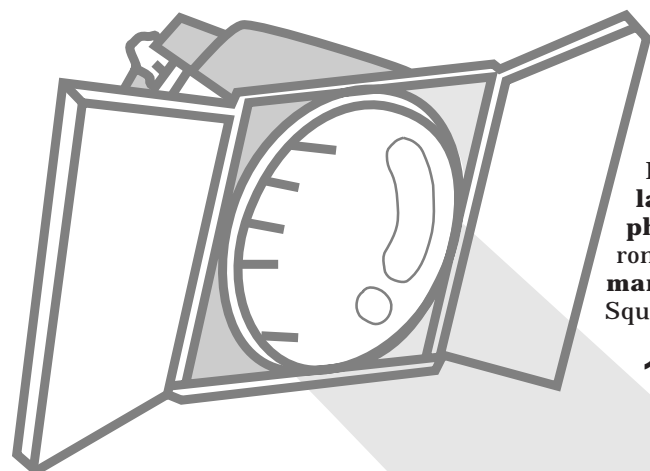


Courtesy photo

Master Sgt. Mark Myers

at forward operating areas. He also was credited with providing the inspiration and insight for a full time force protection office to be created at SOCPAC.

SPOTLIGHTS



Diamond Sharp award winners

The following Kadena people received the "Diamond Sharp" award for recognition of outstanding personal appearance of significant contributions to the Kadena community.

Each recipient received a "Diamond Sharp" coin and coupons from the Army and Air Force Exchange Services and the 18th Services Squadron.

The winners are: **Staff Sgt. Anthony Anzalone**, 18th Civil Engineer Squadron; **Senior Airmen Louise Arthur**, 18th Operations Support Squadron, and **Cristina Barcomb**, 18th Security Forces Squadron; **Airmen 1st Class Nicholas Conner**, 18th Supply Squadron, **Christopher McCleskey**, 18th Security Forces Squadron, and **Michael Vincent**, 18th CES; and **Airman Amber Steed**, 961st Airborne Air Control Squadron.

18th Operations Group award winners

Staff Sgt. Charles Barfield, 18th Operations Support Squadron, won the 18th Operations Group Weapons Technician of the Quarter competition for July-September Noncommissioned Officer category. **Senior Airman James Price**, 67th Fighter Squadron, won in the airman category. These two Kadena members then went on to win the base competition for the year.

The 12th Fighter Squadron's Integrated Combat Turnaround Crew — **Staff Sgts. Thomas Hand, Christopher Marinos and John Pablo**; **Senior Airmen William Sterling and George Blackwell**; and **Airman 1st Class Mathew Wallace** — won the Integrated Com-

bat Turnaround Crew of the Quarter for July-September.

18th Logistics Support Squadron quarterly winners

The following are the 18th Logistics Support Squadron quarterly award winners for July-September: **Capt. Norman Prue Jr.**, company grade officer; **Senior Master Sgt. Isiah Mack**, senior noncommissioned officer; **Tech. Sgt. Timothy Hood**, NCO; and **Airman Brandy Morris**, airman.

18th Contracting Squadron quarterly winners

The following are the 18th Contracting Squadron quarterly award winners for July-September: **Kiyomi Gaja**, local national non-supervisory; **Frances Jenkins**, U.S. civilian non-supervisory; **Mel Auernig**, U.S. civilian supervisory; **Master Sgt. Mitchell Thomas**, senior noncommissioned officer; **Staff Sgt. Gerald Williams**, NCO; and **Senior Airman Jennifer Proulx**, airman.



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Okinawa Happenings

The following is a commonly used list of telephone numbers for this week's off duty activities:

Schilling Community Activities Center	634-1387
Kadena Family Support Center	634-3366
Kadena Information, Tickets and Tours	634-4322
Kadena Arts and Crafts Center	634-1666
Kadena Base Library	634-1502
Kadena American Red Cross	634-1979
Banyan Tree Club	634-0644
Rocker NCO Club	634-0740
Officer's Club	632-6071
Busena Terrace Resort Hotel	098-051-1333
Southeast Botanical Garden	939-2555
Renaissance Hotel	965-0707
Mitsukoshi Department Store	869-4115
Ryubo Department Store	867-1171
Bullfighting	857-0185
Gushikawa Civic Art Theater	978-4400
Prefectural Folk Theater	866-2341



Chinese Acrobats Perform

Acrobats from China will perform at the Okinawa Civic Hall Oct. 30 from 6-8:30 p.m. Tickets are ¥3,000. Call 867-1760 for more information.

Halloween Events



Tours

Oct. 30: Haunted Tour — Kadena ITT — 7-10 p.m. — \$10 per adult, \$5 per child
Oct. 31: Haunted Tour — Kadena ITT — 7-10 p.m. — \$10 per adult, \$5 per child

Gatherings

Oct. 29-30: Spooky Story Time — Kadena Library — 5-6 p.m. — for children 3 years old to third grade — 632-1502 for more information
Oct. 30: Okuma Trick or Treat Party — starts at 3:30 p.m. — Trick or Treating at 4 p.m., followed by costume contest in Waverunner Lounge — 10 percent off kid's meals in Surfside Restaurant for those in costume — 5-9 p.m. — 632-4FUN for more information
Oct. 30: Halloween All-Nighter — Okuma Waverunner Lounge — 8 p.m. to 3 a.m. — free breakfast at midnight — 632-4FUN for more information



Officers Club

Oct. 27: Kid's night — 4-6 p.m. — show off your scariest costume and meet "Magician" — free buffet including cake and ice cream — open to Officers Club members only
Oct. 30: Halloween Party — Weekender Lounge — 8 p.m. to 1 a.m. — prizes awarded for best costume; \$150 for first place, \$75 for second place and \$50 for third place; free giveaways and vendor prizes all night

Rocker NCO Club

Oct. 30: Howling Halloween Party — Lounge — 8 p.m. to 3 a.m. — \$200 first place, \$50 second place for Most Creative Costume, Male in Best Costume and Female in Best Costume; \$400 first place, \$100 second place for Male and Female Couple in Best Costume



Banyan Tree Club

Oct. 30: Haunted Halloween Bash All-Nighter — Ballroom and Lounge — 8 p.m. to 5 a.m. — first and second place prizes for Best Male Costume, Best Female Costume, Best Male and Female Couple Costumes and Best B-Movie Scream

Sales

Oct. 29-31: The Great Pumpkin Sale — Kadena Arts and Crafts Center — 20 percent off all black and orange merchandise



Off-Base

Exhibitions

Through Oct. 17: Ancient Okinawan Artifacts Exhibit — Okinawa City Municipal Museum — 9 a.m. to 5 p.m. — closed Mondays and holidays — free — 932-6882 for more information

Through Oct. 28: Ananas Flower Exhibition — Bios Gardens in Ishikawa — 9 a.m. to 5 p.m. — ¥630 13 years and older, ¥300 four to 12 years old, under three enter free — 965-3400 for more information
Through Oct. 18: Ichiro Tsuruta Art Exhibition — Mitsukoshi Department Store fifth floor — 10:30 a.m. to 8:30 p.m. — free

Oct. 17: Bullfighting — Akamichi Bullring — 1 p.m. — ¥2,500

Oct. 19-25: Michelle Henry Art Exhibition — Mitsukoshi Department Store fifth floor — 10:30 a.m. to 8:30 p.m. — free
Oct. 19-25: The 9th Hokkaido Products Exhibition — Ryubo Department Store sixth floor — 10:30 a.m. to 8 p.m. — free

Oct. 23: Bullfighting — Agena Bullring — 2 p.m. — free

Oct. 24: Bullfighting — Nago 21st Century Park — 1 p.m. — ¥2,500

Oct. 26-31: Yamaguchi Prefectural Craft Exhibition — Mitsukoshi Department Store sixth floor — 10:30 a.m. to 8:30 p.m. — free

Oct. 27 through Nov. 1: Japan and Holland Pictures Exchange Exhibition — Ryubo Department Store seventh floor — 10:30 a.m. to 8:30 p.m. — free

Oct. 31: Bullfighting — Ishikawa Bullring — 1 p.m. — ¥2,500

Festivals/Fairs

Through Oct. 31: Steak and Seafood Fair — Boston Club — 2-11 p.m. — ¥4,000 per person — 936-6161 for more information

Through Oct. 31: Jewelry Fair — Ryubo Department Store seventh floor — 10:30 a.m. to 8 p.m. — 867-1171 for more information

Oct. 16-17: Gushikawa City Festival — Gushikawa City office - 10 a.m. to 9 p.m. — 974-3111 for more information

Oct. 30-31: Okinawa City International Carnival — Kadena Gate 2 Street and surrounding area — Oct. 30 at 1:30 p.m., Oct. 31 at 4 p.m. — children's tug of war, eisa performance, Miss Hibiscus beauty pageant, fireworks and more — 938-8022 for more information

Dining/Shows

Daily: Asian Pacific Brunch buffet — Renaissance Hotel Sailfish Cafe, first floor — 11:30 a.m. to 3 p.m. — ¥1,900 per person, half price for children under 12

Daily: Italian Pasta and Sweets lunch — Renaissance Hotel Four Season, second floor — noon to 3:30 p.m. — ¥2,200 per person, half price for children under 12

Daily: Dim Sum Delight — Coco Garden Resort Hotel — 11:30 a.m. to 3:30 p.m., ¥1,600 — 5:30-10 p.m., ¥3,500 — half price for children under 12 — 965-1000 for more information

Through Oct. 31: Italian Family Smorgasbord — Okinawa Harborview Hotel — 6-9:30 p.m. — served only Fridays, Saturdays, Sundays and holidays — ¥2,800 per adult, ¥2,000 over 65, ¥1,400 four to

12 years, under three eat for free — 853-2111 for more information

Oct. 15 through Mar. 31, 2000: Hawaiian Night Asian buffet and dinner show — Renaissance Hotel — shows every night at 5:30 and 8:30 p.m. except Tuesdays — ¥5,250 in advance, ¥6,006 at the door, half price for children under 12

Dance/Music

Oct. 19: Ryukyuan Dance Performance — Okinawa Prefectural Folk Theater — 8 p.m. — ¥2,500

Oct. 20: The 7th Annual Brass Ensemble Concert — Pallet Folk Theater — 7-9 p.m. — ¥1,000 for adults, ¥500 for students — 833-0297 for more information

Oct. 22: Benefit Jazz Concert for the Okinawa Children's Zoo — Ashibina Theater — 7 p.m. — ¥2,000 — 932-3801 for more information

Oct. 23: Joint Concert — Ashibina Theater — 7 p.m. — classical music from Beethoven, Chopin and more — 936-0677 for more information

Oct. 23: Suzuki Commemoration Day Piano Concert — Pallet Folk Theater — 6-8 p.m. — ¥500 — 855-4869 for more information

Oct. 24: 20th Anniversary Concert FM 16 Swing Jazz Orchestra — Pallet Folk Theater — 6:30-9 p.m. — ¥1,000 — 853-5288 for more information

Oct. 26: Ryukyuan Dance Performance — Okinawa Prefectural Folk Theater — 8 p.m. — ¥2,500

Oct. 30: The Annual European Music Concert — Kadena Culture Center — 6-8 p.m. — ¥1,500 — 831-5000 for more information

Sales

Through Oct. 18: Second Hand European Vessel and Noritake Sale — Mitsukoshi Department Store sixth floor — 10:30 a.m. to 8:30 p.m.

Tours

Daily: Semi-submersible Boat Tour — Kadena ITT — 8 boats daily, 50-minute tours — ¥3,500 per adult, ¥1,750 per child boarding charge — meal packages available at extra cost — tickets must be reserved

Fridays in October: Sunset Cruise — Kadena ITT — 6-8 p.m. — \$25 per person

Oct. 15: Guwa Jazz — Kadena ITT — 7 p.m. to midnight — \$30 per person

Oct. 16: Battle of Okinawa — Kadena ITT — 8:30 a.m. to 5 p.m. — \$25 per adult, \$20 per child

Oct. 17: Sacred Places, Shrines and Temples — Kadena ITT — 9 a.m. to 5 p.m. — \$20 per adult, \$15 per child

Oct. 20: Naha Shopping — Kadena ITT — 10 a.m. to 3 p.m. — \$15 per adult, \$12 per child

Oct. 23: Arts and Crafts — Kadena ITT — 9 a.m. to 4 p.m. — \$18 per adult, \$15 per child

Oct. 24: Cave Fortification — Kadena ITT — 9 a.m. to 5 p.m. — \$20 per adult, \$15 per child

Oct. 25: Shuri Castle and Ryukyu Kingdom — Kadena ITT — 9 a.m. to 4 p.m. — \$22 per adult, \$18 per child

Oct. 31: Naha Shopping — Kadena ITT — 2-7 p.m. — \$15 per adult, \$10 per child

International tours

Oct. 30 through Nov. 2: Hong Kong — Kadena ITT

Nov. 6-12: Vietnam — Kadena ITT

Nov. 24-27: Hong Kong — Kadena ITT

Nov. 24-27: Bangkok — Kadena ITT

Nov. 25-29: Kyoto — Kadena ITT

Dec. 26 through Jan. 3: The Millennium in Bali — Kadena ITT

On-Base

Officers Club

Oct. 25: Membership Night/October Fest — outside event, will be moved inside if bad weather occurs — 5-7 p.m. — buffet offered — open to Officers Club members only

Rocker NCO Club

Oct. 22: All-Night party — Lounge — variety music — 8 p.m. to 3 a.m. — Ballroom — Rhythm and Blues/Hip Hop music — 10:30 p.m. to 5 a.m.

Oct. 27: Membership Night — 5-7 p.m.

Oct. 28: A Taste of France — Morrell Room — 6 p.m. — continuation of Gourmet Dining Series — \$27 per guest, limited seating — specify entree choice when making reservations at customer service counter

Banyan Tree Club

Oct. 16: Retro 70's All-Nighter — Ballroom — 9 p.m. to 5 a.m. — dress the part and play the 70's Game Challenge — enter drawing for special Flashback to the 70's grand prize

Oct. 21: Membership Night — 5-7 p.m.

Gatherings

Mondays: George Frederick Handel's "Messiah" practice — Professor Bien Panganiban's Ecumenical Chorale — 7-9 p.m. — auditions required for soloists —

Chapel

Catholic	Jewish
<p><i>Saturday</i> Confessions — 4 p.m. — Chapel 1 Mass — 5 p.m. — Chapel 1</p> <p><i>Sunday</i> Mass — 8:45 a.m. — Chapel 1 Mass — 12:15 p.m. — Chapel 2 Mass — 5 p.m. — Chapel 1</p>	<p><i>Friday</i> Shabbat Service — 7:15 p.m. — Camp Foster Chapel</p> <p><i>Sunday</i> Religious Education — 9:30 a.m. — Camp Foster Credo Center</p>
Protestant	Islamic
<p><i>Sunday</i> Inspirational Service — 9 a.m. — Chapel 2 Evangelical Service — 10:24 a.m. —</p>	<p>For more information, call Chaplain Mitchell Schranz at 637-1027.</p> <p>For more information, Gunner Sgt. Hefis Camp at 637-2167/2164.</p>
Eastern Orthodox	
<p><i>Saturday</i> Vespers — 5 p.m. — Camp Foster St. Nicholas Chapel</p> <p><i>Sunday</i> Divine Liturgy — 9:30 a.m. — Camp Foster St. Nicholas Chapel For more information, call 645-7486.</p>	

MOVIES

Movie schedules are supplied by the Army and Air Force Exchange Service. Patrons should call the theater to verify movie titles, ratings, and running and start times.

BUTLER,
645-3465

Tonight: "Double Jeopardy," R
Saturday: "Tarzan," G, and "Double Jeopardy," R
Sunday: "Tarzan," G, and "Deep Blue Sea," R
Monday: "Deep Blue Sea," R
Tuesday: "The Wood," R
Wednesday: "The Wood," R
Thursday: "Mystery, Alaska," R
Oct. 22: "Mystery, Alaska," R

KEYSTONE,
634-1869

Tonight: "For Love of the Game," PG-13
Saturday: "Inspector Gadget," PG, and "For Love of the Game," PG-13
Sunday: "Inspector Gadget," PG, and "The Blair Witch Project," R
Monday: "The Blair Witch Project," R
Tuesday: "Lake Placid," R
Wednesday: "Lake Placid," R
Thursday: "Double Jeopardy," R
Oct. 22: "Double Jeopardy," R

VIDEOS

New video releases available each Tuesday at the base video stores. Because of shipping, release dates may vary.

Oct. 19
 "A Walk on the Moon"
 "Among Giants"
 "Children of the Corn 666"
 "Election"
 "eXistenz"
 "Life"
 "Metroland"
 "The Color of Courage"

Oct. 26
 "Arlington Road"
 "Blair Witch Project"
 "Hideous Kinky"
 "Muppets From Space"
 "Never Been Kissed"
 "Tactical Assault"
 "The Velocity of Gary"
 "Twice Upon a Yesterday"

Kadena Elementary School focus on 'each child'

By Charles K. Steitz
Shogun volunteer

Kadena Elementary School officials are studying the results of a national test to find ways to improve learning at the second largest elementary school in the Department of Defense Dependent School system.

"Part of the process to help students achieve academic success is in evaluating data to determine areas of improvement," says Patti Hall, a sixth grade teacher from Pittsburgh, Pa., and a 10-year veteran in DoDDS.

"In the next 30 days, teachers will be analyzing test data and developing a plan to improve student achievement during this school year," says Hall.

Hall is working with other members of the School Improvement Committee to analyze data from the Terra Nova, a standardized test that compares student achievement on a national basis.

School officials say the test results, in combination with teacher observations of student performance, will be used to develop strategies that will improve student learning.

"Even though the school is large, our focus is on each child," says Julie Burn, a reading specialist from Fort Worth, Texas.

"We take each child individually, look at where they are and where their greatest potential can be and try



Photo by Charles K. Steitz

Sure Start student Jonathan McNamara (left) shows Ron Sharik, Kadena Elementary School principal and his teacher Geraldine Bowen a picture he recently drew in the school's art center.

to fulfill these needs over a long term. The unique attribute of KES and our staff is we take the time to look at each child on an individual basis," she said.

The school's new principal — Ron Sharik — agrees with that focus and has asked the school's staff to concentrate on the needs of the children and inspire them to learn and to become independent.

Sharik, who has been with DoDDS for 27 years, says: "I am happy to be here at KES because the focus is on children. All the teachers

I have met are highly committed to follow our goal, which is that children come first. Our staff is highly trained, qualified and well respected."

Sharik says he's excited to take on the responsibilities of managing a large educational facility, which has an enrollment of 1,166 children.

He is particularly pleased to be working with KES teachers, administrators, and parents.

"KES is a fine example of how to develop a community-centered school," says Steven R. Bloom, district superintendent.

"KES has a model program for showcasing partnerships with parents, community sponsors, command and faculty."

"Teachers and administrators have created a powerful learning environment where students can maximize their potential. I am sure that under Mr. Sharik's direction, the tradition of excellence will continue to flourish," he said.

Starting in early childhood — from preschool to first grade — school officials say the focus is on providing children and families a solid foundation in reading and math that will carry them through their school years.

In second through fourth grade, school officials say the focus at KES shifts to supporting all curricular areas with a continued focus on reading and math.

In the fifth and sixth grade, officials say the focus is to help students become independent learners and to gain a deeper understanding and appreciation for the curricular areas.

In addition to classroom learning, KES offers a number of specialized programs and extra curricular activities for children.

According to Burn and Hall despite the different focuses that are given to each grade level, the schools basic agenda is, "That Children Come First."



KERSEY



HUDSON



CONRAD

Kadena students get national scholarships

By Charles K. Steitz
Shogun Volunteer

Four students from Kadena High School are being recognized in a national program that recognizes top performers, school officials say.

Seth Conrad, Tamara Hudson, Kris Kersey and Stuart Scott have been named commended students in the 2000 National Merit Scholarship program, said Debby Berry, Kadena High School principal.

A photograph of Scott was unavailable.

Officials say the program will allow these students easier access to many scholarship programs be-

cause their potential for exceptional academic promise has already been earmarked.

Approximately 34,000 students throughout the United States are being recognized in the program, said Berry.

Kadena's students placed among the top five percent of more than one million students, Berry said. "These young men and women have demonstrated outstanding academic potential by their high performance in the competitive National Merit Program," Berry said.

"These scholastically talented youth represent a valuable resource to our nation and our community of excellence," she said.



Photos by Senior Airman Cohen Young

BUCKET BRIGADE

ABOVE: Christine Famador tosses water on a house during a fire prevention week bucket brigade competition at Bob Hope Primary School on Oct. 5. **LEFT:** Travis Green, (front), Kelvin Magee and Anna Lee work as a bucket brigade in the event that had several teams from the school learning about fire prevention.



Kadena first sergeant to compete in Ironman

By Staff Sgt. Orville Desjarlais
Kadena Shogun editor

A self-proclaimed couch potato in 1993, Scott Maunu has progressed from arm-chair athlete to Air Force Ironman Triathlon team member.

How did he do that?

"I watched my 71-year old father-in-law finish the Okinawa Marathon at age 71 – he's my inspiration," said the 18th Operations Support Squadron first sergeant.

"Since we had nothing in common at the time, I promised I'd run with him in the next marathon, which was in Naha."

Once off the couch, Maunu, a master sergeant, is now qualified to take a run at the Ironman Triathlon World Championships on Oct. 23 in Kailua-Kona, Hawaii.

More than 50,000 triathletes from more than 50 countries annually attempt to qualify for the world's most famous test of endurance, according to Ironman organizers.

A triathlon consists of a 2.4-mile swim, a 112-mile bike and a 26.2-mile run and must be completed within 17 hours. The race is limited to 1,500 contestants due to the championship nature of the event, organizers say.

"After running in a marathon, I remembered watching the Ironman Competition on TV and wondered why anyone would want to beat themselves up like that," Maunu said.

"Then after my first marathon, I began wondering if I could complete in a triathlon."

After finishing the Miyako Strong Man Triathlon twice, Mauna proved to himself he had what it takes to be a triathlete.

After two triathlons and 15



Photos by Senior Airman Cohen Young

Scott Maunu, 18th Operations Support Squadron first sergeant, trains for the Ironman Triathlon. Maunu has been selected as a member of the Air Force team to compete in the triathlon in Kailua-Kona, Hawaii Oct. 23. (Shown above) LEFT: Maunu swims laps at the Haggerstrom Pool to prepare for the 2.4-mile swim. CENTER: He runs along base roads to prepare for the 26.2-mile run. RIGHT: He pedals on Kadena practicing for the 112-mile bicycle ride.

marathons, Mauna applied for and was accepted into the Ironman. He even earned a slot on the Air Force team, the only active-duty member on the squad.

"I was excited to just get into the event, but to be placed on the Air Force team was unexpected and quite an honor," Maunu said.

As a team member, the Air Force will pay for his round-trip ticket, the \$300 entry fee, and a biking suit and shirt.

Because his weakest event is swimming, Maunu enlisted the help of Dolphin Swim team coaches.

So, most mornings at 5:30 a.m., Maunu can be found doing laps in the pool.

He also completes about an hour and a half of running per day and does most of his biking on the weekends, which are mostly dedicated to 16 hours of training.

With a wife and two children, Maunu doesn't have much family time, so he sometimes swims in the ocean and meets his wife and children on the beach, where they steal an hour together.

"I couldn't do this without my family," Maunu said. "Not only my

wife and kids, but my Air Force family."

"My boss is really behind me — my co-workers and people in the squadron: If it weren't for them I would have quit."

"My goal is to do the best I can and to finish before the sun sets," Maunu said.

He estimates that he'll finish the race in 11 hours, 30 minutes — a long time to be running, biking and swimming for a once self-proclaimed couch potato.

And yes, at age 77, his father in law still competes in marathons.

BRIEFS

5-kilometer run Oct. 16

A Chief's Chili Cookoff 5-kilometer run starts at 8 a.m., Saturday at the Kadena NCO Club. The cost is \$20, which includes a T-shirt and fruit, and winners earn awards.

Entry forms are available at the Postal Service Center 80, the Kadena USO and the Schilling Community Activities Center, or ask any E-9 on the island. For more information, call Chief Master Sgts. Ron Holmes at 634-9802; Roger Noyes at 634-4291; Alex Szumanski, 634-7388; or Bart Richardson at 634-2139.

Tour De Okinawa Nov. 12-14

The 1999 Tour De Okinawa bicycle road race and bicycle road tour is being held Nov. 12, 13 and 14 in Nago. There are 13 categories, with entry fees ranging from ¥5,000 to ¥15,000.

Application forms and a list of fees and categories are available at the Falcon Fitness Center. Applicants must pay in yen. Participants are asked to keep entry fees until a day before the race and copy all the application forms. Registration

cards will be available Oct. 7 and are due at Nago City Hall one day before the race or tour starts. For more information, call 634-1128.

Veteran's Day Racquetball tournament

A Veteran's Day racquetball doubles tournament is slated Nov. 11-14 at the Risner Fitness Center. The tournament is open to players islandwide.

There are two categories — novice and open. The fee is \$25 per team. The deadline entry is Nov. 4. A players' meeting is set for 5:30 p.m., Nov. 10 in the Kadena tennis shop. For more information, call 634-1128/3450.

Karate tournament kicks off

An open youth and adult karate tournament is being held from 9 a.m. to 6 p.m., Oct. 24, in the Camp Courtney Fitness Center. It's open to everyone islandwide. The fee is \$10 for one event, \$15 for two and \$20 for three. Sign-ups are being

Islandwide racquetball tournament

The Camp Hansen House of Pain is having an islandwide open racquetball tournament Oct. 23 and 24 starting at 10 a.m. The cost is \$10 in advance, \$15 the day of the event.

Sign up between Oct. 1-22, or between 8-9:45 a.m. the day of the event. For more information, call 623-4831.

Kadena plans first triathlon

The first Kadena Triathlon is scheduled Oct. 23 at 6 a.m. in the Kadena High School pool and ends at Kenney Park. Competitors will swim five laps, bike 25 kilometers and finish with a 10-kilometer run. The cost is \$25, or ¥13,500. To register, or for more information, call the Risner Fitness Center at 634-4443.